



Eureka Primary School

Physical Education Policy



Written by: Sarah Mitchell PE Lead 14.03.23

Rationale

The aim of physical education at Eureka Primary School is to enable all pupils in our care to work towards becoming independently active within school and the community. We encourage them to develop competence and confidence in physical skills and to value the contribution of others.

Physical education takes place both in the school and its environs and in the wider community including residential visits.

Our teaching is based on the programmes of study contained in the National Curriculum Document and the use of our Real PE learning platform to enable our children to take responsibility for their own learning within the challenges set.

Providing a balanced range of individual, paired and group activities, in addition to, co-operative, collaborative and competitive situations aims to cater for the preferences, strengths and needs of every pupil. These activities, experienced within a broad physical education curriculum, aim to promote a broad base of fundamental movement, skills and understanding. They also intend to develop the pupils' ability to work independently and to respond appropriately and sympathetically to others, irrespective of their age, gender, cultural or ethnic background.

Aims

At Eureka our intention is to inspire and engage children's interest in sporting activities through providing a wide range of opportunities within school, after school and within the wider community. We aim to foster children's interest in physical wellbeing and healthy lifestyles in order to establish a lifestyle for long lasting physical health and wellbeing to positively impact life outcomes.

We aim to promote the character agenda through PE and positively encourage children to share, respect, support, trust and work together.

How do pupils learn P.E?

Physical Education is a very practical activity where pupils learn through first-hand experience. In view of this, pupils should be physically active for a substantial majority of all their PE lessons. It is the ethos of Eureka Primary School that pupils are encouraged to achieve their personal best and that all feedback is as positive as possible. Constructive comments are made to support pupils who are struggling to achieve. Through positive reinforcement children will develop the confidence to attempt, and thus develop their skills. Within the Real PE scheme of work the children are encouraged to take responsibility for their learning, lead others - encouraging and motivating peers by collaborating and negotiating – and apply their skills consistently to become fluent and transfer skills across a range of sports and activities.

Teachers will plan tasks using a variety of teaching methods in order to provide a broad P.E. curriculum. It is imperative that there is a balance between - grouped, paired and individual working, - competitive and non-competitive activities - contact and non-contact sport - the development of skills and tactical understanding.

The P.E. Co-ordinator is responsible for the monitoring and implementation of the P.E. Curriculum, with the support of all staff to manage of P.E. resources and equipment to ensure the children have access to a wide range of resources to suit their age and ability. The Head teacher is in charge of safety checks on apparatus.

Curriculum Planning and Organisation

The playground areas, field and hall are used to facilitate Physical Education. Swimming lessons are provided by qualified teachers from Derbyshire County Council and are delivered at Greenbank in Swadlincote, supported by school staff and a qualified teacher.

Senior leaders, Teachers and a coaches liaise to provide high quality PE across the school

After school a sports club sessions run each half term for children in both Ks1 and Ks2, once a week (delivered by a qualified coach) for each class, with the focus decided in collaboration with the children.

Lunch time activities with Play Leaders (EGALS) provide focussed activities for KS2/KS1/EYFS children helping to establish healthy lifestyles, alongside a coach one lunchtime per week.

Assessment & Recording

Assessment is usually carried out by the class teacher or sports coach in the course of the normal class activity using our Real PE platform to record class achievements half termly. This is done mainly through observations and sometimes through discussion with children. Physical development levels and progress are recorded by the EYFS teachers for each child. Children are judged on how well they have acquired a skill in KS1 and KS2.

Facilities and Resources

(i) Indoor facilities The hall is timetabled for fair distribution throughout the school.

(ii) Outdoor facilities All outdoor P.E. lessons are conducted either on the playground or on the school field. The surrounding railings and walls offer little as barriers if balls are over hit during lessons. It is not uncommon for both small and large balls to land in the surrounding areas. On occasions a ball may find its way on to Dunsmore Road or gardens on Burton Road. Children must not be asked to retrieve a ball from this area and only a member of staff may do so.

Sports Days

Sports Days are held on the field using a multi-event approach. Every child in the school has the opportunity to participate in each event as the member of a team. Points are awarded according to team finishing positions. Teams are run in houses with mixed age and ability groupings.

Activity Holidays

Year 5 and 6 children will be given the opportunity to participate in an activity holiday. Consideration is given to the variety of activities offered, the expertise of the centre staff, the suitability of the accommodation and the cost.

Commented [SM1]: Still appropriate?

P.E. Kit

Children wear a PE uniform to school on the days that their class has a PE lesson. Standard P.E. kit is as follows: - White or red short sleeved polo or T-shirt – Red or black shorts
Pumps may be brought into school to change into for indoor activity. Light trainers are more suitable for outside. It is perfectly safe for children to work in bare feet in the hall. However they must wear suitable footwear during transfer from class to where the lesson is to take place.

Commented [SM2]: Does this need to be in the policy if it is in other documents?

During the colder months children may wear extra clothing when working outside. A sweatshirt and jogging bottoms are acceptable in school colours. Shiny materials should be avoided and beware the zip which may scratch or burst.

Jewellery

In the interests of safety to all participants ALL ITEMS OF JEWELLERY are removed for PE. Ideally children should leave their jewellery at home on P.E. days. If any item of jewellery cannot be removed then the child does not participate in the P.E lesson and the parents are informed. Under no circumstances must the teacher or another child either remove jewellery. Any child not actively participating in a P.E. lesson will be encouraged to peer assess and work alongside the teacher so they are engaged in the lesson and learning. It should also be noted that teachers are not responsible for looking after children's valuables during PE activities. At the swimming pool if jewellery cannot be removed then a child may not swim. Applying a plaster is not an option as this will soon come off in the water creating a potential health hazard.

Hair

We do not want hair falling all over the place during gymnastics or mouths full of hair in the swimming baths. Safety and hygiene requires that hair that is long enough to be tied back is taken back off the face. This applies to both sexes. During swimming, children whose hair covers their eyes or is long past their ears should use a swimming hat. All girls should wear a suitable swimming hat and should be taught how to put this on independently.

Registers

Staff should keep a separate record for swimming and P.E. noting the following: - who has been present - who was absent - who came without kit - if any incidents occurred.

Reports

Written comments need to: - reflect the positive achievements - recognise personal qualities - reflect success in curriculum time - mention extra-curricular activities.

Non-participants

It is intended that all pupils will take part in P.E. If children are fit enough to attend school they should be able to participate in P.E. activities. However there will be exceptions: - certain medical conditions may prevent participation. A doctor's note is needed to establish whether the pupil can or cannot participate in vigorous exercise. Genuine parental concern: A personal note from a parent/guardian is required to notify the teacher of a particular reason for non-participation. In the event of non-participation other roles such as giving out or collecting in equipment should be used to engage the child in the lesson.

Commented [SM3]: Is a doctors note still a requirement?

Wet weather alternatives

On occasions the weather may cause P.E. to be cancelled. Should this occur the normal P.E. time should be used for class based activities. - work cards - sports quizzes - rules and tactics - design your own fitness diary - research into different sports - reviewing safe practice with the children - health related fitness - sports stacking - review of the work done already. The timetabled time should not be lost from P.E.

Injuries

Injuries will occur in P.E. simply because children are active. Staff need to be clear about following correct procedure. (i) Stop all activity immediately and sit the rest of the group down and ask them to be quiet. (ii) Assess the injury. The majority of injuries are minor and will require little other than a brief period of rest. Should the injured pupil need water to soothe an injury then send them to the changing room toilet in the presence of a responsible pupil. If you feel the injury is more serious ask a pupil to go to the general office and request that a member of staff with First Aid qualifications attends quickly. With the ever increasing opportunity to enjoy P.E. away from school due consideration must be given to providing First Aid equipment at all time. A First Aid box should be readily available during school fixtures; e.g. football matches, Town Sports, and medical equipment/asthma inhalers should also be taken to such events. A serious injury may occur during such activities which may require qualified assistance. It is advisable that at least two members of staff attend each sporting fixture so that one can be designated to find help in the event of an emergency. The teacher in charge will need to decide upon the appropriate action to take. It is strongly recommended that a list of contact numbers for parents is readily available, particularly if the event is taking place outside normal school hours. In the event of an injury taking place the appropriate forms must be completed and the details recorded. During O and A activities groups should consist of at least 3 children so that in the event of an injury to one member of the group there is 1 child free to seek help whilst the other remains with the injured party. There is a first aid book to log any accidents in PE time so that the PE coordinator is able to check for repetitive incidents.

Annual Events

There are many P.E. events staged during the school year both in normal curriculum time, after school and at weekends. In every case parental consent should be sought if children are to be taken out of school. Where possible parents should be advised of dates well in advance via the parent mail system as well as the standard letter sent home with the children. Without the co-operation of many parents it would be difficult if not impossible to run extra-curricular activities and sound lines of communication are essential if we are to maintain this co-operation.

Equal Opportunities

It is the responsibility of all teachers to ensure that all pupils, irrespective of gender, ability, ethnicity and social circumstance, have access to the curriculum and make the greatest progress possible. Our PE scheme recognises the diverse and differing abilities that make up the inclusive nature of Eureka Primary School and enables all pupils to engage in physical activity relevant to them. Please refer to the school Equal Opportunities Policy.

S.E.N.

Commented [SM4]: Do we need this in here if we have the equal opportunities comment?

All pupils will have access to a broad, balanced curriculum which includes P.E. The provision for pupils with S.E.N. in P.E. is the responsibility of the class teacher in consultation with S.E.N. coordinator where appropriate.